

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

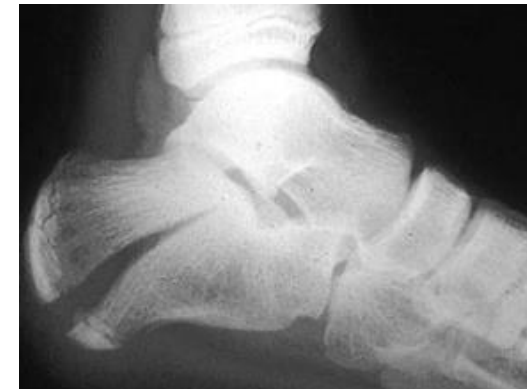
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## INFORMATION FOR PATIENTS

### Discharge advice

## Calcaneal fracture



Healthier Communities,  
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## What is a calcaneal fracture?

The calcaneus is a bone in the heel of the foot, commonly referred to as the heel bone. This bone helps support the foot and is important in normal walking motions. Calcaneus fractures are almost always the result of severe, high-energy injuries. They typically occur as a result of a fall from a height, such as falling from a ladder.

Other causes of a calcaneus fracture include automobile crashes and sports injuries. The calcaneus can also sustain a stress fracture, an injury sometimes seen in athletes, such as long-distance runners.



Swelling and bruising at the fracture site is normal along with severe pain to the heel. Regular pain killers and applying ice to the area, wrapped in a tea towel, will help to reduce swelling and pain. Ice should be applied for 20 minutes three to four times a day.

Calcaneus fractures may be treated with a cast, or surgery may be recommended. If the fracture is not out of position, non-invasive treatment will be recommended. A clinic appointment will be made for you, at which a plan and management will be made by the assessing consultant.

## You should:

- Take pain killers as prescribed to ensure pain levels are kept under control.
- Maintain weight bearing restrictions if made, to ensure optimum comfort and healing time.
- Use ICE and elevation to ease swelling and therefore reduce pain levels.

## You should not:

- Miss your clinical appointment if one has been made.
- Take part in any physical/contact sports which may put you at risk of further injury. The time frame for this will be outlined at the point of assessment.
- Drive whilst wearing the walking boot as you will void your insurance should you have an accident.

## Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

**If you develop any issues or have concerns/questions we advise you seek help.**

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**